BODIES FOUND IN DOWNED CHOPPER, PG3

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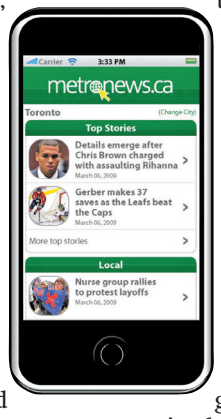

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Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Comment & Views
- **Wise words for rough times from Anne Hines, pg 6**

Tomorrow
- **How musicians and music labels are dealing with the economy.**

Canucks **On Cloud 9**

LYLE STAFFORD/REUTERS

Canuck Alexandre Burrows hits Colorado Avalanche blue-liner Brett Clark during first period NHL hockey action last night at GM Place. The Canucks took their ninth consecutive win at home in downing the Avs 4-2. **Story, pg 9**

Weekend of violence

Woman killed in targeted hit involved in drug trade: Police

JEFF HODSON
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Homicide investigators yesterday identified the 36-year-old woman gunned down in a targeted hit during a weekend of violence across the Lower Mainland that included three shootings and a gunpoint abduction.

Laura Lynn Lamoureux was shot to death in the road at 5 a.m. Saturday at 202nd Street and 50th Avenue in the city of Langley.

"This homicide is linked to the street-level drug trade and has the signature of being a targeted murder," said Cpl. Dale Carr, a spokesperson for the Integrated Homicide Investigation Team.

Lamoureux was known to police for her involvement in the drug trade.

The shooting was the second of three over the weekend.

In the most recent, a 29-year-old man walked into a Shell station on Kingsway and Patterson Avenue at 3:15 a.m. yesterday bleeding from his chest.

He is believed to have been shot about half a block away where yellow police tape blocked the driveway of a highrise apartment.

Two days earlier, a man in his 20s was shot several times at 127A Street and 67th Avenue in Surrey.

As well, a man forced a woman at gunpoint into an SUV in East Vancouver on Saturday.

Police tracked the SUV to Port Coquitlam and arrested a suspect. The woman was uninjured and a loaded handgun was seized.

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Province's unemployment rate rising, but still lower than Canadian average
B.C.'s unemployment rate climbed up to 6.7 per cent in February as roughly 14,000 more people lost their jobs. The province's unemployment rate is still one percentage point lower than the national average of 7.7 per cent. METRO VANCOUVER

Local

Vision's campaign cost $2M

Vision Vancouver received and spent nearly $2 million — almost twice as much as the Non-Partisan Association — on its 2008 campaign that saw Gregor Robertson, left, elected mayor. Each candidate's financing disclosure statement, which includes the total amount of contributions and campaign expenses, is available on the city's website. METRO VANCOUVER

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Police cracking down on poor: Activists

JEFF HODSON
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A police crackdown ticketing activities like spitting, panhandling, jaywalking, and curbside vending in the Downtown Eastside will be used as an excuse to get the poor off the streets ahead of the 2010 Games, poverty activists alleged yesterday.

"There's a big crackdown," said Chili Bean, who is an activist with the Downtown Eastside Women's Centre's Power of Women Group. Bean helped organize a protest/yard sale yesterday on the sidewalk outside Vancouver Police Department building on Main Street.

"As the Olympics get closer, the tickets will be summoned. And if you can't pay the fine … you are going to go to jail," she said.

> **"They're picking on the Downtown Eastside. … They haven't been ticketing anywhere else."**
> Activist Karen Lahay

A spokesperson for the Vancouver Police Department could not be reached for comment yesterday.

Bean alleged that people in the Downtown Eastside are being given tickets for infractions like spitting and selling items on the sidewalk and will be thrown in jail because they cannot afford to pay.

According to organizers of the event tickets for violating the Safe Streets Act jumped to 467 last year, up from 202 tickets in 2007.

Police also wrote 133 Trespass Act tickets in 2008, up from 95 in 2007. Bylaw infractions increased to 439, up from 247 in 2007.

Not paying the tickets will result in "no-go" court orders to keep chronic offenders out of certain areas, said organizers in a press release.

"They're picking on the Downtown Eastside," said Karen Lahay, one of the organizers. "They haven't been ticketing anywhere else."

VANCOUVER 2010 Games

News in brief

TRAVEL Vancouver was labelled the "Supermodel of North American Cities" in an article on the front page of the Life Section of the USA Today newspaper. The publication called the Lower Mainland a premier global destination.

MURDER The 19-year-old man convicted of killing Salt Spring Island model Diana O'Brien has been sentenced to death by a Chinese court. Chen Jun pleaded guilty in November to killing the 22-year-old woman in Shanghai. METRO VANCOUVER

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What's online today.

Video Protesters prepare to give George W. Bush a frosty reception in Calgary at **metronews.ca/canada**

Video Investors cautiously optimistic after recent market rally at **metronews.ca/canada**

Lotteries

Friday, March 13
Lotto Super 7: 6, 15, 18, 24, 35, 36 & 46. Bonus 17.
Extra: 3, 37, 39, 96.
Saturday, March 14
Lotto 6/49: 4, 11, 13, 16, 41 & 45. Bonus 35.
BC 49: 20, 30, 36, 43, 47 & 48. Bonus 32.
Extra: 19, 43, 46, 63.
These results are not official.

KRISTEN THOMPSON / METRO VANCOUVER

A participant in Vancouver's St. Patrick's Day parade greets spectators on Georgia Street yesterday.

St. Patrick's Day parade a huge success despite wintry weather

KRISTEN THOMPSON
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Santa Claus would have felt right at home at yesterday's snowy St. Patrick's Day parade.

Despite the cold and wet weather, several hundred thousand people — many donning leprechaun hats and shamrock headbands — crowded along Georgia Street for the city's sixth annual celebration of all things Celtic.

Around 2,000 participants, including pipe and drum bands, Irish and Scottish dancers and the Vancouver police motorcycle and drill team, marched through the city centre.

Janice Harrington, who is from Ireland, was curious to see how her culture would be celebrated here.

> **"It reminds me of home."**
> Irish native Janice Harrington

"I am glad to be here just to see what the organizers have put together to make the parade happen," Harrington said. "It reminds me of home."

Talks back on for GM Place workers

SAM SMITH
for Metro Vancouver

Food service workers at GM Place have returned to the negotiating table after picketing Friday night's game between the Vancouver Canucks and L.A. Kings.

The mediator brought in on Thursday continued yesterday to facilitate the talks between the workers and their employer, Aramark.

Picketing started early on Friday at 6 a.m. with nearly 300 of the 550 workers taking part. They rallied until 9 p.m., asking Canucks fans not to buy any food or beer at The Garage.

Michelle Travis, spokesperson for the workers, said the 15-hour action was a success.

"Hundreds of workers handed out peanuts to symbolize how they are, well … getting paid peanuts," Travis said. "A clear message was sent."

Workers have been without a contract since December and have been negotiating since September.

Nicole Kennedy, spokesperson for Aramark, said a new offer is being prepared.

"We're still focused on coming to a new agreement that works for everyone and we are still hopeful that we will be able to do that," Kennedy said.

LYLE STAFFORD / REUTERS

Food service workers picket outside GM Place.

Strike on hold

- The workers agreed not to picket last night's game between the Canucks and the Colorado Avalanche, but say they will resume picketing if negotiations go sour.

Canadian students robbed in Italy
Just after arriving in Rome, a group of students from Waterdown District High School near Burlington, Ont., had their tour bus broken into while they were having dinner. The thieves took clothes, money, credit cards and a passport. **TORSTAR NEWS SERVICE**

Canada/World

Montreal **Protesting brutality**

CHRISTINNE MUSCH/REUTERS

Police made roughly 50 arrests yesterday in Montreal as protesters rallied against police brutality. Skirmishes erupted as protesters lit garbage cans on fire and threw things such as bricks, bottles and food at police monitoring the protest.

Bodies found in downed chopper

Between 10 and 13 bodies have been found inside the wreckage of a sunken helicopter that crashed off the coast of Newfoundland.

One of the newly discovered bodies has been brought to the surface and is now onboard the Atlantic Osprey supply ship, Transportation Safety Board officials told reporters at a press conference yesterday. The identity of the body is not yet known.

Two British Columbia men were among the 17 people who died in Thursday's crash.

The flight's first officer was Tim Lanouette, 48, a Comox native. The father of four was a Canadian Forces veteran.

Another crew member, Thomas Anyll, 46, was from Langley.

Lead investigator Mike Cunningham said the number of bodies found in the wreckage is preliminary. "There could be more. We have to begin a recovery of the wreckage to know for sure," he said.

TORSTAR NEWS SERVICE

Ottawans protest seal hunt

RALLY More than 100 people staged a protest in Ottawa yesterday against the seal hunt.

The rally, which eventually moved to Parliament Hill and to the Embassy of the European Commission, is one of many events taking place worldwide for the International Day of Action Against the Seal Hunt.

"We're here to raise awareness ... and to let people know that their taxpayers' dollars are paying for it," said Sheryl Fink, senior researcher with the International Fund for Animal Welfare. **METRO CANADA**

Morales transfers power to people

Poor given land in Bolivia

Emboldened by a new leftist constitution, Bolivian President Evo Morales Saturday handed over ownership of farmland seized by the state from wealthy estate-holders to poor indigenous people.

Morales handed out about 94,000 acres of lands recently confiscated from five big ranches in Bolivia's wealthy eastern lowlands, a stronghold of his conservative political opponents. The ranchers have been accused of employing workers in conditions of semi-slavery.

"Private property will always be respected, but we want people who are not interested in equality to change their thinking and focus more on country than currency," said Morales, flanked by military and police personnel.

"We want people who are not interested in equality to change their thinking and focus more on country than currency."
President Evo Morales

Ranchers who have threatened to block the handover of their lands can still appeal the expropriations before agrarian courts. **REUTERS**

Man kills 4, self in Florida

SHOOTING A Cuban immigrant shot and killed four people including his estranged wife before taking his own life early yesterday in Miami, police and local media said.

A sergeant with the Miami Police Department's homicide division who declined to give his name said the man, wielding a semi-automatic handgun, shot his victims inside a house in the city's Little Havana district shortly after midnight.

He then sped off in a pickup truck and turned the gun on himself at his home, which he had apparently set on fire, about three miles away.

"It was domestic-related," the sergeant said. "The wife left him and he tracked her down, unfortunately." **REUTERS**

Victims

- The Miami Herald said victims of the shooter included his wife, her daughter and her mother. The daughter's boyfriend was also killed, according to the newspaper.

News in brief

TIBET China warned the West not to "put its fingers into" Tibet as the anniversary on Saturday of riots in Lhasa passed with heavy security to prevent any challenge to Beijing's rule. Rioting broke out in Lhasa on March 14 last year after days of protests against Chinese rule by Buddhist monks. **REUTERS**

Business

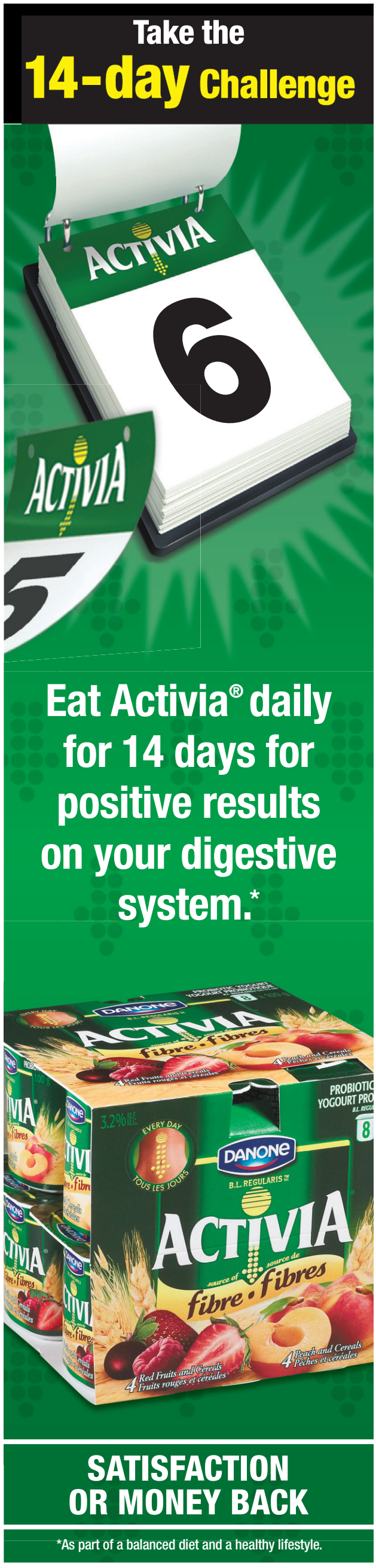
Recession slashes 83,000 more jobs in February

Canada's deepening recession claimed another 83,000 jobs last month, pushing the unemployment rate up half a percentage point to 7.7 per cent and offering more evidence that the global recession is bearing down with full force.

On the heels of a massive contraction of 129,000 positions in January, February marked the fourth straight month of employment declines and brought total job losses to 295,000 since October's peak. The national jobless rate now stands almost two percentage points higher than at the start of 2008, and forecasters expect it to continue rising rapidly.

The unemployment report, along with other indicators, "are suggesting that the Canadian downturn is actually now accelerating at a more rapid pace than in the U.S., and that wasn't supposed to happen," said Derek Holt, vice-president of Scotia Capital Economics.

TORSTAR NEWS SERVICE



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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Keep your cool if filing a complaint

When it comes to writing letters of complaint, know what works and what doesn't in getting a company's attention.

Here's some advice about how to pursue a complaint about the quality of investment advice to a financial institution or dealer:

Keep your letter short

Two pages is enough. Three is pushing it and, once you go over four pages, you're unlikely to be read.

You can back up your letter with relevant documents, such as a chronology or timeline and previous correspondence.

Present the complaint and backup data as a package, so the firm's compliance department has everything needed to do an investigation.

Don't have an attitude.

Stick to the facts. Insults or outrage won't get you very far.

Naturally, you're affected by an adviser's comments or tone of voice. But talking about your feelings is irrelevant.

Harold Geller, a lawyer with Doucet McBride in Ottawa, helps people recover losses as a result of negligent advice from a professional financial planner.

His advice: "Don't bleed all over the page."

Distinguish between stock market losses and losses that can be attributed to ... an unsuitable portfolio.

A brief mention of the service you received or the pressure you felt to buy will get the point across.

Get the right documents

The account application, or "know your client" form, is key. You should have a copy in your possession and, if not, ask for it.

If your complaint is about investment suitability, you have to prove there's a discrepancy between what you said you wanted and what you received.

At the start of a relationship, the adviser should talk to you about your knowledge, experience, goals and risk tolerance.

The account application form, required by law, records this information and shows the asset mix that conforms to your investment objectives.

Geller has a tip about gathering documents: Ask the firm to hand over everything in your name, including the adviser's notes about your conversations. You're entitled to get them under the Personal Information Protection and Electronic Documents Act (PIPEDA), Section 8.

Be realistic

You may have lost money. But that's not the whole story.

"You should be very specific about what the issue is and what losses flow from the alleged wrongdoing," says Neil Gross, a lawyer who works in the area of stockbroker malpractice.

Distinguish between stock market losses and losses that can be attributed to having an unsuitable portfolio. The best chance of compensation is when you said you want little or no risk yet you're holding a high-risk portfolio. Suppose your account application says you can tolerate medium or high risk. You can still succeed by arguing that it's not credible, Gross says. If you're a senior of modest means living on your investment income, you can't wait 10 or 15 years to recover losses.

If there's no match between your financial situation and the information on your account application, you have a shot at getting reimbursed for your losses.

TORSTAR NEWS SERVICE

Step up defence in the tax game

This year, Canadians have new options to help them save money and keep a few more dollars out of the tax man's pocket.

The new Tax-Free Savings Account lets Canadians deposit $5,000 per year and earn tax-free interest. It's a great new way to save, and works well in combination with some more traditional options, such as RRSPs.

According to Statistics Canada, one-third of eligible Canadians contribute to RRSPs. While many might seek accountant advice on how much to contribute, more and more Canadians are using a RRSP optimizer tool found in tax software, such as QuickTax, to calculate the best contribution amount or to test a few "what if?" contribution scenarios and pick the one that delivers the maximum return. QuickTax software carries forward data from last tax season and includes any remaining RRSP space when it calculates your optimal contribution.

Given the current economic climate, many Canadians might be considering cutting back on their contributions.

But before making a decision that can hurt your overall income tax return, it's important to know there are other options, such as borrowing to top up your RRSP and paying down the loan with your tax return.

Just remember that interest paid on these loans is not tax deductible.

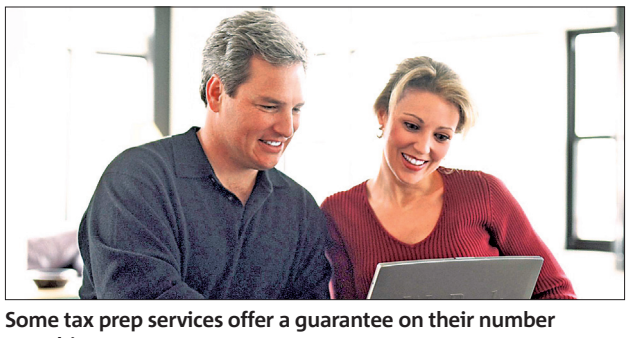
Another option is to transfer "qualified investments" from an investment to an RRSP account, and receive a tax receipt for the contribution.

Keep in mind that if your investment has dropped in value below what you paid for it, you can't claim the loss once it is transferred into an RRSP.

Does your company match RRSP contributions? If your company offers this perk, don't miss out on this type of extra saving.

Once all is said and done and you've filed your return, you want to be sure you don't get a knock on the door from the tax man.

Winning the tax audit lottery is inconvenient, even when all your decimal places are where they should be, as it means taking the time to collect a year's worth of tax records to have them scrutinized.



Some tax prep services offer a guarantee on their number crunching.

Some tax prep services offer a guarantee on their number crunching, and now QuickTax users can buy an "Audit Defence" option, which goes beyond the usual software calculation guarantees. It essentially buys peace of mind: Should you be audited, you'll be represented by a tax professional who will handle your dealings with the CRA.

More information on how to get the most from your RRSP contribution is available online at quicktax.ca.

NEWS CANADA

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Hope in times of trouble

HineSight

Anne Hines

metronews.ca/hinesight

Riding the **Recession**

This column concludes my four-part humour series on the economic crisis. Not that there isn't more to say about it, but when I realized I can no longer afford my cable TV package, the recession just stopped being as funny as I'd hoped.

So today, I leave you with some words of encouragement.

When it comes to any challenging life issue, we need to ask ourselves, "What's the worst that could happen?"

The answer is always this: "The Earth could burst into a huge flaming fireball and we could all die horribly."

Now ask: "Is the current financial downturn likely to cause that?" Of course not. It will only feel like it. There, doesn't it all seem better already?

Having concluded the worst isn't possible … or well, likely, we can steel ourselves for dealing with a "not quite so bad as actual death" scenario.

The way I help myself get through difficult times is to consult people wiser than myself.

Fortunately, such people are not hard to find.

Usually, what these sages offer is simple, basic, sensible advice.

The kind of advice my mother gives. They just don't follow it up with, "And if you'd sat up straight at the dinner table, none of this would be happening." It makes all the difference.

Here we go, "You have nothing to fear but fear itself."

You see? We have only fear to fear. Well, that and ending up living in the dumpster behind the local Sobeys.

I fear that for sure. Oh, and never knowing the pleasure of proper dental hygiene ever again.

I fear that. So those things and fear itself.

Actually this quote is not making me feel any better.

"A penny saved is a penny earned."

Having checked my most recent RRSP statement I can tell you that this is not the case.

Apparently, in fact, "A penny saved is a penny sucked into the black hole of our tanking economy."

Has a nice ring to it though, doesn't it?

Finally from author Henry Miller. Miller insisted that happiness lies in pursuing wine, women, song and avoiding riches.

He blew his royalties on said wine and women (the singing was free), ending up living in a hut on Malibu beach.

This, in the 1950s, was the Californian equivalent of a dumpster behind the Sobeys.

Miller famously said, "If there is to be any peace it will come through being, not having."

In bad times and good, this gives me hope.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Very different spirits arising over the same trail

InTransit

Derek Moscato

metronews.ca/moscato

It's nice to see the growing focus on pedestrian and cycling greenways and trails in Metro Vancouver these days.

Local governments are finally responding to demand for transportation choices that are easier on our wallets, and better for our health and environment.

A good example is the North Shore Spirit Trail, a 35-kilometre pathway connecting Horseshoe Bay to Deep Cove.

For walking and biking enthusiasts from across the Lower Mainland, the trail promises to be a recreational jewel.

Its completion is at least a couple of years away, but some stretches of this new corridor are already finished.

An impressive section was recently opened by the City of North Vancouver and the Squamish Nation, just west of Lonsdale Quay.

North Vancouver Mayor Darrell Mussatto told me his jurisdiction has given the project high priority.

"It works extremely well with our new transportation strategy that puts transit, cycling and pedestrians before single-occupant vehicles," he said.

He also makes it clear that successes to date are the result of well-meaning collaboration.

"The secret to working with partners is to respect each others' timelines," he said. "In this case we established a great relationship with the Squamish First Nations."

This is in stark contrast to what's happening elsewhere along the Spirit Trail.

In West Vancouver, for example, the project came to a halt last summer when a small but vocal group of residents took issue with the routing — said to come too close to their homes.

Fortunately, West Vancouver civic leaders have been able to move forward with another section of the trail. But their earlier struggle begs the questions: Will they ever make progress in the face of constant opposition from "concerned citizens?"

And will this greenway ever reach either Horseshoe Bay or Deep Cove?

Perhaps the defiant Nimbies could learn something from the Squamish Nation community about the kind of give-and-take that makes for good neighbours.

- With the Vancouver Whitecaps on the verge of being awarded a Major League Soccer expansion franchise, you have to wonder what will become of long-discussed plans for a soccer-specific stadium on the city's downtown waterfront.

While a revamped B.C. Place Stadium makes good sense for the Whitecaps in the short-to-medium term, there's no doubt the proposed soccer venue would have been a real gem for B.C. sports fans.

We can only hope the so-called Whitecaps Stadium is not dead yet.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Worth Mentioning

Saudi Arabia urges Iran on diplomacy

Saudi Arabia yesterday urged Iranian President Mahmoud Ahmadinejad to act through diplomatic channels in supporting Arab causes, as tensions grow between the two Islamic powerhouses.

Non-Arab, Shi'ite Iran's close ties with Lebanese guerrilla group Hezbollah and Palestinian Islamist factions such as Hamas have often been at the heart of tensions between U.S.-allied Arab states and Tehran.

"While we appreciate the Iranian support for Arab causes, we think that it must come through the rightful Arab (entities)," Saudi Foreign Minister Prince Saud al-Faisal told a news conference.

Iran's support for Arab causes "must be in harmony with the goals and stances" of Arab governments and back their positions without being "a substitute for them," Prince Saud said.

"Each of us has to deploy the necessary effort to ensure the stability and steadiness of relations on the basis of fruitful co-operation and mutual respect," he added.

Iran has challenged Western influence in the region since its 1979 Islamic revolution.

REUTERS

Mahmoud Ahmadinejad

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Opt for a green dry cleaner

More than three-quarters of dry cleaners use large amounts of the chemical solvent tetrachloroethylene, a powerful degreasing agent that's a suspected carcinogen, aggravates asthma and allergies, and is particularly toxic to fish and wildlife. Find a green dry cleaner at www.greenearthcleaningcanada.com. **TORSTAR NEWS SERVICE**

Going Green

Cool washing

Wash your clothes in cold water. According to the Canadian Energy Efficiency Centre, if all households in Canada switched to cold water, enough energy would be saved to light more than 2.5 million households each year. These energy savings could potentially prevent 1.5 billion kilograms of carbon dioxide from entering the atmosphere. **DAVID SUZUKI FOUNDATION**

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Trying to find the perfect fabric fit

We were asked to write an article about eco-friendly clothing. Us? An article on fashion? One of us, not naming names, is lucky if his socks match when he goes to work. So rather than focusing on the vogue of eco-friendly, we thought we might talk about the fabrics of eco-friendly.

The debate about eco-friendly fabrics is actually pretty ancient, and began quite accidentally when the first stone-age comedian responded to a heckler with, "Hey, nice shirt! How many mammoths did you have to kill for that?" Since then, choice of fabric has reflected attitudes toward resources.

We have seen many different "sustainable" fabrics, including those made from shredded pop bottles. Plastic fibres can actually make a pretty good, rugged substitute for fabrics like canvas, and is great for things like backpacks. However, it wouldn't make a great shirt. Bamboo and hemp fibres are also becoming more popular, and make good fabrics for clothing. However, the discussion around fabrics and eco-friendly fabrics really must centre around organic cotton.

EarthTones

In spite of growth in other plant fibres, cotton still provides about 50 per cent of all global fibre needs. Cotton is viewed as "natural" and, by many, preferable to synthetic fibres. However, traditional cotton is actually one of the most environmentally-damaging agricultural products we grow, accounting for about 25 per cent of global insecticide use on about 2.5 per cent of cropland.

Typically, organic cotton uses animal manure as well as "green manure," a cover crop that is later tilled into the soil. When this cover crop is a food crop, this added benefit can actually improve the efficiency of land use. From a financial consideration, revenue from food production coupled with decreased expenditures on pesticides and increased premiums for organic cotton can even compensate the grower for any reduced cotton production.

Of course, nothing good comes without a price. Without the use of insecticides, a common practice is the use of natural predators. In California, production of organic cotton may employ the release of green lacewing larvae, predaceous mites, and wasps to reduce the populations of insects that damage cotton crops. This is probably the most damning aspect of organic cotton.

While organic cotton may be better for the environment than traditional cotton, maybe it is time to become comfortable with being asked, "Hey buddy, how many nylons did you have to kill to make that shirt?"

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Gold for Canada
The Canadian trio of Kristina Groves, Christine Nesbitt and Brittany Schussler won gold in the women's team pursuit yesterday at the world singles distances speedskating championships at the Richmond Oval. METRO NEWS SERVICES

Sports

Lucky 200 for Jasey-Jay

Canada's Jasey-Jay Anderson captured a men's parallel giant slalom race yesterday in his 200th snowboard World Cup event. Anderson finished ahead of Austrian Benjamin Karl to capture the gold medal. Fellow Canadian Matthew Morrison finished eighth at the event in Spain despite racing with a broken wrist.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Canucks beat Avs

NHL RESULT

Avalanche 2 Canucks 4

SCOTT RINTOUL
for Metro Vancouver

LYLE STAFFORD/REUTERS

Colorado Avalanche forward Ryan Smyth falls on Vancouver Canucks goalie Roberto Luongo last night in Vancouver.

THE SKINNY: Kyle Wellwood, Alex Burrows and Taylor Pyatt all scored in the first period as the Canucks won their ninth-straight game on home ice. Ryan Smyth answered in the second and Darcy Tucker pulled the Avs to within a goal early in the third, but Alex Edler's power-play marker sealed the deal with 1:13 to go. Roberto Luongo was forced to make just 18 saves for his fourteenth win in his last seventeen starts.

THE STATISTIC: The Canucks scored on two of their four power plays — the same number of goals they had scored in their last 27 opportunities.

THE RATING: The Avs played the night before in Edmonton, so they didn't have the kind of jump they normally do against the Canucks. 3.5 out of 5 stars.

THE NEXT GAME: The Canucks will being seeing green on Tuesday; it's a St. Patrick's Day affair with the emerald-clad Dallas Stars.

UBC falls to Carleton in CIS Final

CIS BASKETBALL FINAL

Carleton 87 UBC 77

MIKE BEASLEY
for Metro Canada

All year long, the Carleton Ravens had been regarded as the No. 1 men's basketball team in the CIS. But yesterday afternoon, they made it official in their hometown of Ottawa.

The dream season had a happy ending for the Ravens, who defeated the University of British Columbia Thunderbirds 87-77 in the final game of the 2009 CIS Men's Basketball Championships.

Stuart Turnbull was named the tournament MVP and led the Ravens with 22 points. Chris Dyck was the Thunderbirds top scorer with 21 points, and was named game MVP for UBC. Josh Whyte and Blayne Labranche both finished with 13. UBC came into the tournament as the third seed and knocked off the Dalhousie Tigers in the quarter-finals before defeating the University of Calgary Dinos, their Canada West Conference rivals in semi-final action to give themselves a chance at a national title.

"Our goal was to come here and play the best basketball that UBC could and I think we did," said T-Birds head coach Kevin Hanson.

"I'm very proud of the guys and the way they battled all weekend. We came up short in the end, but still had a great season."

Popularity impacts earning power

New research from U.K.-based Essex University adds to growing evidence that social skills are essential to success later on in life. The study found that for each extra friend a student had in school, their salary 35 years later was two per cent higher. METRO NEWS SERVICES

Workology

Trent honours five

Trent University in Peterborough, Ont., announced recently that fresh water specialist Maude Barlow, actress and director Sarah Polley, the Honourable Iona Campagnolo, Aboriginal activist Tom Porter and artist Mary Pratt will receive honorary degrees at convocation ceremonies this June. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Picking nits and healing hearts

OddJobs

Diane Peters

Metronews.ca/oddjobs

As a child, Dawn Mucci had the kind of long, thick hair that lice just loved. She got so many infestations her classmates nicknamed her Dirty Dawn.

The memory of the taunts and the horrible smelling chemicals her dad put on her hair came back when Mucci's son came home with lice one day in 1999. The Toronto mom had a really hard time getting rid of it, and then got it herself.

Mucci went in a mission to find a chemical-free way to get rid of the vermin. By chance, she was thinking of changing jobs at the time (she was managing a health and wellness store) and went to a job bank. She saw a posting for a nit picker there.

The woman running the company was doing manual lice removal and needed more staff. "Look, you've got to help me first and then I'll work for you," said Mucci.

Four months later, Mucci was managing the company. After a year, her boss called from a vacation in Hawaii saying she wasn't coming back.

She launched Lice Squad in 2000 and was busy right away through word-of-mouth. Before long, she was getting calls from outside the Toronto area. She began franchising her concept in 2001: "This is something anyone can do, if taught properly."

When Mucci, now 39 and relocated to Innisfil, Ont., gets a call from a client, usually a distressed parent, she shows up at their door with an unmarked car (staff have stickers, but they take them off when doing home visits) within one to three days.

She spends a lot of time talking to the client, educating them about lice (who love clean hair, by the way). She pulls out her gear, including lights, goggles, tweezers and lice comb. Mucci and her franchisees and staff follow a special seven-step process that involves identifying lice, killing the vermin and manual removal of bugs and eggs.

Previously trained in aromatherapy, Mucci has developed a full line of natural hair products made with natural ingredients such as lemon and lavender. She uses some of her concoctions during an extraction, which takes about two hours on average, and offers up a products for clients to buy as well.

Since the bugs themselves don't bother Mucci (and she's never gotten lice again — she and her staff follow strict cleanliness protocol), for her the job is all about the people she meets and helps. "It truly is meaningful work. People are feeling very isolated and ostracized and they're very grateful."

The Lowdown

Job title: Nit picker

Salary: $60 an hour

Education: On-the-job training

Best part of the job: "Meeting all the people and being able to help them."

Worst part of the job: "You see some pretty horrible cases. You have to have a thick skin. We work for children's agencies too and we go into situations that are heartbreaking."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Looking for a culinary career?

RAFAEL BRUSILOW
for Metro Canada

Always had a way with food but never thought of making a career out of it? It might be time to trade in your suit and tie for the chef's jacket and hat.

When one career ends, it's only natural to think that your next one should be even more enticing than the last and a career in the culinary arts can be a dream come true for people who love food.

Tim Ellison, manager of special programs at the Pacific Institute of Culinary Arts in Vancouver, says more closet kitchenophiles than ever are realizing their talents and passion for food can lead to a very rewarding and successful career in the hospitality industry.

"We're seeing students who are older and either their industries are sunset industries or they're feeling unrewarded in their work. People are interested in a career change — they're tired of just plugging away or putting in time for a paycheque," Ellison said.

The Pacific Institute offers full-time, six-month programs in either culinary arts or baking and pastry making with a strong hands-on approach: For the first three months students learn in-class skills while the final three are spent exclusively working in the on-site restaurant creating food for actual paying customers. Students can apply that on-the-job time as credit against an apprenticeship program with a real employer.

The Pacific Institute of Culinary Arts offers programs in either culinary arts or baking and pastry making.

With the Olympics set to arrive in 2010, businesses have been scrambling to hire as many culinary grads as they can find.

Cont. on next page>>

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<<Cont. from last page

"Virtually 100 per cent of our graduates are absorbed into the industry almost immediately. Head chefs come down with their hiring directors and poach students directly from class," Ellison said.

With class sizes capped at about 15 students, the focus is on giving students as much one-on-one time with the instructor and opportunity to cook as possible.

"You can't hide and you can't get lost. At some schools you cook one steak in one sitting — here's you'll cook 40. It's about giving students the opportunity to practise through habit to develop experience," Ellison said.

The school also offers a weekend course in restaurant operations management and Ellison says enrolment in the program has ballooned recently with business people, many recently laid off or planning to leave their jobs and deciding to finally trade their electronic Blackberries for real ones fresh from the fields.

If you've always had an appetite for antipasto or a knack for knackwurst, a culinary career might just be right for you.

"Eating and drinking is something you're going to do every day, so you might as well do it well. What can be more rewarding than using your passion and skill to feed others?" Ellison said.

Check picachef.com for more information.

PHOTO SUBMITTED

A manager at the Pacific Institute of Culinary Arts says virtually all the school's graduates are absorbed into the industry.

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Slumdog actress could be next Bond girl
Freida Pinto, star of Slumdog Millionaire, has reportedly been approached by Barbara Broccoli, producer of the James Bond films, to do a screen test opposite Daniel Craig for the next 007 film, according to the U.K.'s Sun newspaper. **PEOPLE.COM**

Entertainment

Dating denial

Britney Spears is not seeing her agent Jason Trawick, says a source close to Spears. "They are absolutely, 100 per cent not dating," says the source. "He is her agent, and that is it." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Making time for the Furs

BRYAN BORYKOWSKI
for Metro Canada

Being in one of the most sought after Canadian indie bands would be time consuming for even the most organized rocker, but what happens when your side project is just as popular as your day job? That's the challenge Dan Boeckner faces, as a singer in both Wolf Parade and the Handsome Furs.

These days the Montreal-based artist is all about the Furs — the band's new record, Face Control, came out last week — but Wolf Parade isn't far from his mind. "I'm always thinking about stuff for Wolf Parade," says Boeckner.

Managing both acts, which he says "is all just projects," isn't easy, but he seems to have figured it out. He explains that Wolf Parade — which also includes Spencer Krug, another mutli-band musician — has evolved to the point where they don't have to sit for months and hammer out material.

Dan Boeckner and his wife Alexei Perry head up Handsome Furs whose latest album, Face Control, hit the shelves last week.

"We're at a weird place where Spencer and I don't write songs at home and bring them to the band," says Boeckner. "We have really vague ideas and work through them together in our rehearsal space."

Because Wolf Parade isn't as time consuming as it once was, Boeckner is free "to go into the studio for a couple hours and try to bang something out" for Handsome Furs. However, the duo's sophomore disc (his wife, Alexei Perry plays keys), isn't a hastily created album — if anything, it's one of the best records of '09 so far.

In some ways this disc picks up where debut, Plauge Park, left off — there are plenty of synths, amped up riffs and infectious melodies — but with dance-friendly drum machine beats, louder songs and a more focused pop approach,

Boeckner says the more upbeat feel is thanks to touring behind Plague Park and getting a vital piece of equipment ripped off while on the road. "When we toured that record the band itself got louder and heavier," he explains. "Then the drum machine got stolen and so we had to reprogram everything in the new one, but it ended up reflecting how we were playing at that time."

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/16/09	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	The Soup	How I Met	'Til Death	Engagement	Snoop Father	Snoop Father	News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami "Flight Risk" (N)		News (N)
	-	-	10	OMNI	The Daily	Frasier (CC)	The Practice (CC)		One Tree Hill (N) (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11	GTV	Entertainment	ET Canada	House "Here Kitty" (N) (CC)		24 (N) (PA) (CC)		Heroes (CC)		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Dancing With the Stars (Same-day Tape) (CC)				(:02) Castle "Nanny McDead"		News (CC)
	253	359	13	CITY	Law & Order: SVU		Chuck (CC)		Less-Kind	Friends (CC)	Man Tracker (CC) (DVS)		The List
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Flight Risk" (N)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Chuck (CC)		Heroes (CC)		Medium "Car Trouble" (CC)		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		Dollars-Sense	Smart Cookies	Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape) (CC)				(:02) Castle "Nanny McDead"		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	Lonely Hearts ★★★ (2006) John Travolta, James Gandolfini.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		Great Performances "Hitman: David Foster and Friends"				Play Piano
	290	382	28	FOX	Two/Half Men	Two/Half Men	House "Here Kitty" (N) (CC)		24 (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43	PBS	Daniel Pink: Living		Snap Out of It Now! With Dr. Adrianne Ahern			American Soundtrack: Doo Wop's Greatest Hits (CC)			
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65	TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Bring Wall St	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26	NW	Allergy Planet Allergies. (N)		CBC News: The National (N)		CBC News: The National		Allergy Planet Allergies. (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Baseball: World Classic		Baseball World Classic -- Teams TBA. From PETCO Park in San Diego. (Live)						Sportsnet
	400	400	30	TSN	SportsCentre	That's Hockey	SportsCentre	In This Corner	Boxing Nate Campbell vs. Ali Funeka. (Taped) (CC)				SportsCentre
	411	457	49	OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker "Mark & Taylor"		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54	SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55	SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144	GLF	Fútbol Alemán: Equipos SA		Gol TV News		Ole: La Liga		Paid Program	Gol TV News	Gol TV News
family	552	543	25	YTV	Karaoke Star Junior (CC)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53	TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5	KNO	Undersea	Landscape	The Museum	The Museum	Robert Motherwell		Commanding Heights		Haida Art
	575	583	20	CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	MuchNews	Video on Trial	MuchVibe (CC)		Shot at Love-Tila Tequila		MuchTopTens (N) (CC)		MuchNews
	600	564	29	H&G	Price	Petal Pushers	Holmes on Homes (CC)		Property	Income Prop.	House	For Rent	Price
	615	520	31	A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Brad" (CC)		Intervention "Sandy" (CC)		Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY "Blink" (CC)		Disorderly Conduct: Video		Videos
	521	560	34	TLC	Twins, Twins & Sextuplets		Little People	Little People	Jon & Kate	Jon & Kate	Twins, Twins & Sextuplets		Little People
	616	522	39	SHO	The Outer Limits (CC)		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House (CC)
	620	523	40	BVO	Yo-Yo Ma		Law & Order "Star Crossed"		Without a Trace (CC)		Citizen X ★★★ (1995) Stephen Rea. (CC)		
	601	562	41	SLC	Project Runway Canada		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42	DIS	Explosions Gone Wrong (N)		Daily Planet (CC)		Dirty Jobs (CC)		Explosions Gone Wrong		MythBusters
	522	506	44	HIS	NCIS "Reveille" (CC)		Death or Canada Irish-famine migration. (CC)				NCIS "Reveille" (CC)		Sea Hunters
	627	528	45	SPC	Sarah Connor Chronicles		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47	TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Small Soldiers ★ (1998, Action) (PA) Kirsten Dunst. (CC)			
	619	525	48	TROP	Vanity	Reality	Reality	E News	Ground Up		Are You Smarter		Make
	603	561	52	FN	Hell's Kitchen (CC)		Chef School	Chef School	Challenge "Popcorn Giants"		Food	Road Tasted	Hell's Kitchen
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Brand in New York City		Daily Show
	320	621	60	CEN	Sanctuary "Requiem" (CC)		U.S. of Tara	Tracey Ullman	The Line (CC)		Secret Diary	Secret Diary	Sanctuary
	581	566	101	MTV	The City (N)	City Live After	MTV Live	MTV News	Making the Band 4 (CC)		The City	City Live After	MTV Live
	261	394	102	V	Twist of Faith	Clergy	Poltergeist: The Legacy		The Black Stallion Returns ★★ (1983) Kelly Reno. (CC)				Paid Program
	-	-	109	MUL	Eight Heroes	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics' corner

Castle
Castle and Beckett (Nathan Fillion, Stana Katic) go around and around over the case of a nanny whose body is found tumbling inside the dryer of a laundry room in the upscale apartment building where she worked. As the investigation unfolds, Castle tries to get inside Beckett's head while writing the first novel in his Nikki Heat series. Jayne Brook and George Newbern guest star in "Nanny McDead." 10:02 PM on ABC VI

The Line
Good and bad guys sit on the same moral fence in this new series. Max and Donny (Ron White, Daniel Kash) are police officers with very different reactions to their job burnout. Max eschews by-the-book police work for his own methods, while Donny struggles to retain his optimism. When they cross paths with a vulnerable drug dealer (Cle Bennett), Max sees a chance to clean up the neighborhood once and for all. Sharon Lawrence and Ed Asner also star. 9 PM on CEN

In brief

WEEKEND BOX OFFICE
1. Race to Witch Mountain, $25 million US; 2. Watchmen, $18.1 million; 3. The Last House on the Left, $14.7 million; 4. Taken, $6.7 million; 5. Madea Goes to Jail, $5.1 million. **REUTERS**

GlobalStyle
Kenya Hunt

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Today: Rain 80% 6°/ 4°
Tuesday: Showers 70% 8° / 4°
Wednesday: Rain 100% 9°/ 5°

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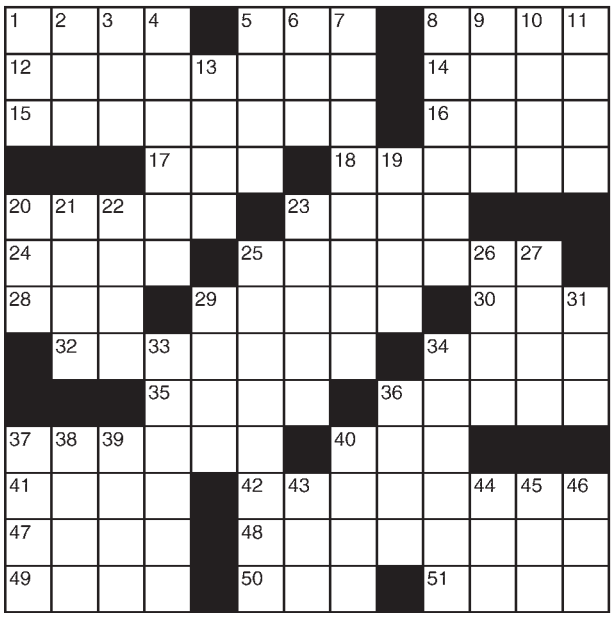
Take Five



Crossword across

1 Impresses greatly
5 Youngster in a cave
8 White-glove discovery
12 Fish with a prehensile tail
14 Norway's capital
15 Lima bein'?
16 Paper quantity
17 Vat
18 Heavy hammer
20 Photo book
23 Fraud
24 Hen pen
25 G.B.S. devotee
28 Right angle
29 Island farewell
30 Shelter from the storm
32 Riga resident
34 Barrel
35 Denomination
36 Flavour
37 Current measure
40 Supporting
41 Laugh-a-minute
42 Flood-related
47 Misfortunes
48 As one
49 Lotion additive
50 Baby food
51 Roy's wife

Crossword down

1 Venomous viper
2 Teeny
3 Listener
4 "Quiet!"
5 Nursery feature
6 Can. neighbor
7 Famed social-realist painter
8 Sound of Music song
9 Secondhand
10 Refuse
11 Big book
13 Egg
19 Volcano's outflow
20 Expert
21 Hang out in the hammock
22 Gaucho's weapon
23 Young hog
25 Cut into slivers
26 "Sad to say ..."
27 Egg container
29 State with conviction
31 — out a living
33 Dangerous fly
34 Chiseled
36 Racetrack adviser
37 Met melody
38 Pepper dispenser
39 Horseback game
40 Buy, renovate and sell quickly
43 — pinch
44 Greek mountain
45 Every last bit
46 "Science Guy" Bill

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4	8				1	9	
			3		1			
1	7			9			2	3
		5	4		3	6		
7								2
		3	7		6	9		
4	5			6			7	9
			9		4			
	3	2				8	6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	O	B	■	M	A	L	E	■
A	I	L	■	A	D	A	M	■
B	L	U	E	J	A	Y	S	■
■	■	E	W	O	K	■	■	S
F	I	B	E	R	■	E	T	C
O	D	O	R	■	S	C	R	A
N	E	O	■	S	O	L	O	N
T	A	K	E	A	W	A	Y	■
■	■	■	T	I	N	T	■	B
A	F	O	U	L	■	■	G	L
L	A	I	D	■	B	L	U	E
F	I	N	E	■	L	O	R	E
A	R	K	S	■	Y	O	U	D

R	S	V	P					
H	O	E	R					
Y	U	R	I					
■	T	R	A	M				
■	■	■	■	■				
■	■	■	■	■				
■	L	E	E					
■	D	U	A	L				
■	■	■	■	■				
■	■	■	■	■				
■	T	A	B					
■	E	T	C					

8	9	6	4	2	1	7	5	3
4	3	2	5	6	7	8	1	9
5	7	1	8	9	3	4	6	2
3	8	9	7	4	5	1	2	6
7	1	4	6	3	2	5	9	8
2	6	5	1	8	9	3	7	4
6	2	7	3	1	4	9	8	5
9	5	3	2	7	8	6	4	1
1	4	8	9	5	6	2	3	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Grilled Jamaican Jerk Chicken

INGREDIENTS:
1 tbsp (15 ml) ground allspice
4 garlic cloves, minced
1 tbsp (15 ml) minced fresh ginger
1 large pickled jalapeno pepper, minced
¼ cup (50 ml) white wine vinegar
1½ tbsp (20 ml) light brown sugar
1½ tbsp (20 ml) olive oil
1¼ tsp (6 ml) black pepper
¾ tsp (4 ml) salt
4 boneless, skinless chicken breast halves
8 scallions
2 large red peppers, seeded and cut into 32 chunks
24 canned pineapple chunks (about 1½ cups/375 ml)

METHOD:
1. Combine allspice, garlic, ginger, jalapeno, vinegar, brown sugar, oil, black pepper and salt in large bowl. Measure out 2 tbsp (25 ml) of mixture and set aside. Add chicken to mixture remaining in bowl and turn to coat on all sides. Refrigerate 1 hour. (Don't leave chicken longer than 1 hour or ginger and vinegar will start to break down the fibre of chicken.)
2. Trim scallions, leaving just a small portion of tender green. Cut each scallion into 3 pieces.
3. Preheat broiler or grill to medium. On each of 8 long skewers, alternately thread 3 pieces of scallion, 4 pieces of pepper and 3 pieces of pineapple.
4. Lift chicken from marinade and place chicken on baking sheet or grill. Brush reserved 2 tbsp (25 ml) spice mixture over skewers and place on baking sheet or grill. Cook, turning chicken and skewers once, until chicken is cooked through and vegetables are crisp-tender, 5 to 10 minutes for skewers, 10 to 15 minutes for chicken.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your charisma is a powerful attractor. Don't take any foolish chances. Shocking sounds will lead to benefits.

TAURUS
APRIL 21-MAY 21
Subtle testing baffles those close to you. A superficial remark reveals oppressive obligations. Disbelief about principles fires you up.

GEMINI
MAY 22-JUNE 21
A supervisor insists on rules being obeyed. Meet with a fiery playmate for a lucky break. Don't butt heads with a spoiled brat.

CANCER
JUNE 22-JULY 22
A romantic fling with a moody person is likely. Correct your reaction to somebody's oversensitivity. Frenzied activities will encourage you.

LEO
JULY 23-AUG 23
You'll find a mistake by accident. Be passionate, but carry on with the chores. Some people must always try harder to succeed.

VIRGO
AUG 24-SEPT 22
A nonchalant stranger wants to meet with you. A money predicament is followed by an unexpected profit. You'll adapt to change at a moment's notice.

LIBRA
SEPT 23-OCT 23
A cautious acquaintance assesses his life's progress. Attention-seekers need to get some work done. Help a friend realize the error of his ways.

SCORPIO
OCT 24-NOV 22
The strong support of friends is found to be essential. Interest and flattery come your way. Unprofitable associations will anger you.

SAGITTARIUS
NOV 23-DEC 21
A kind-hearted associate will act with firmness. Paranoid fantasies feed on unexpected adventures. Ponder on the sublime.

CAPRICORN
DEC 22-JAN 20
A tasteless maverick is eye-catching. Take delight in your trials and tribulations. Tell an idiot how obnoxious he is.

AQUARIUS
JAN 21-FEB 18
Answer all questions and banish doubts. Information you requested finally comes through. Come to grips with your next challenge.

PISCES
FEB 19-MARCH 20
An outsider forces you to bite your tongue. It's fruitless to deny your true feelings. Rage rises when insecurities are exposed.

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Amicable breakup for Aniston, Mayer

How nasty is the breakup between Jennifer Aniston and John Mayer? Not nasty at all, according to eonline.com. "They're definitely broken up, but it was completely amicable," a source said. METRO NEWS SERVICES

Celebrity Buzz

Jackson set to release new music

CAREER Michael Jackson is set to thrill fans eagerly awaiting his comeback concerts by releasing new music before making his return to the stage, female-first.co.uk reports.

The Thriller star has announced plans to end his career hiatus with a series of live shows — dubbed This Is It — at London's O2 Arena in July.

At a press conference last week, the King Of Pop told the press he would be "performing songs the fans wanna hear" at his upcoming residency.

But the star may have to clear room on his concert setlist for new material — he is headed into the studio to record more music.

METRO NEWS SERVICES

Allen's legal action against paparazzi

PEOPLE Lily Allen isn't going to let a few run-ins with the paparazzi take away that smile, eonline.com reports. Late last week, the British songbird made tabloid headlines by throwing a haymaker and water bottle at a photographer who allegedly rear-ended her car.

Now the singer, who has spoken out before about being shutterbugged, is taking a more appropriate action, the website adds. She filed — and was granted — an injunction against the offending photographers.

"My client has faced constant harassment over the last few months from the paparazzi. As a result of this and various incidents of harassment that took place … my client has now been forced to take legal action," Allen's lawyer, Mark Thomson, said in a statement.

METRO NEWS SERVICES

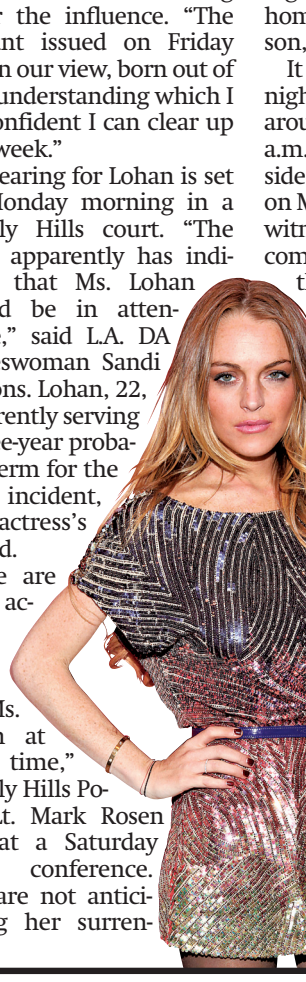
Lohan in compliance with court orders?

MISUNDERSTANDING Lindsay Lohan's attorney says an arrest warrant issued for the actress Friday and stemming from a 2007 DUI conviction was "born out of a misunderstanding," people.com reports.

"Since her case was resolved, Ms. Lohan has been in compliance with all the terms and conditions of her probation and all orders of the court," her lawyer Shawn Chapman Holley said in a statement Saturday, referring to Lohan's 2007 conviction for driving under the influence. "The warrant issued on Friday was, in our view, born out of a misunderstanding which I am confident I can clear up next week."

A hearing for Lohan is set for Monday morning in a Beverly Hills court. "The judge apparently has indicated that Ms. Lohan should be in attendance," said L.A. DA spokeswoman Sandi Gibbons. Lohan, 22, is currently serving a three-year probation term for the DUI incident, the actress's second.

"We are not actively looking for Ms. Lohan at this time," Beverly Hills Police Lt. Mark Rosen said at a Saturday press conference. "We are not anticipating her surrender this weekend. But if she comes in contact with police, she's subject to arrest. As for why we're not actively looking for her, that's not our procedure for this type of warrant. Her attorney is hoping to resolve this issue in the coming week. If it's not resolved, I'm sure we'll negotiate her voluntary surrender."



Lohan's latest legal woe followed a night of partying that included dinner with pals at the Chateau Marmont — and a bizarre late-night visit to the Hollywood home of actor Jack Nicholson, people.com alleges.

It says Lohan's Friday night started at the Chateau around 8 p.m. Around 1:45 a.m., Lohan showed up outside actor Nicholson's house on Mulholland Drive, where witnesses say the actress, accompanied by pals, buzzed the intercom numerous times and grew agitated, asking for "Jack" to open the gate.

The group was eventually let in, and Lohan remained inside until a bodyguard picked her up about 4:30 a.m., people.com adds. The website says Lohan's bodyguard then brought her to Sam Ronson's house, where Ronson showed up at around 11:30 a.m. Later in the day, a loud disturbance was heard at the house, including the sound of a breaking window. Police cars arrived at the house shortly afterward, people.com says.

METRO NEWS SERVICES

Lohan's father blames Ronson

RELATIONSHIPS Lindsay Lohan's father, Michael Lohan, tells Us Weekly he thinks Lindsay's relationship with Samantha Ronson is to blame for his daughter's problems. "I feel like when you're around the right people, you do the right thing, when you're around the wrong people, you do the wrong thing."

METRO WORLD NEWS

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No Rihanna, Brown duet
There is no duet by Rihanna and Chris Brown despite previous reports that the pair had recorded a song together, a label source tells people.com. "Contrary to published reports, (they) did not record a duet after the incident," says the source. METRO NEWS SERVICES

Celebrity Buzz

Radiohead fight back at Cyrus

DISPUTE When Radiohead refused to meet Miley Cyrus at the Grammy Awards last month, the starlet threatened to "ruin" them. Now, the In Rainbows band is fighting back, eonline.com reports.

Cyrus kicked off the feudin' during an appearance on the Johnjay & Ray radio show, and Radiohead responded by putting the teen in her place.

"When Miley grows up, she'll learn not to have such a sense of entitlement," the quintet said in a statement.

METRO NEWS SERVICE

Stern's attorney calls him a 'victim'

COURTS The Florida attorney who represented Howard K. Stern two years ago in the tug-of-war over the remains of Anna Nicole Smith says he's a victim, not a felon, people.com reports.

"The television, tabloid and Internet trial of Mr. Stern in the court of public opinion has been based on sensational lies, speculation, rumour and gossip," Krista Barth claims in a statement to Entertainment Tonight. "Unfortunately, it appears that criminal charges have now been brought by the state of California based on this same type of misinformation."

California Attorney General Jerry Brown told a news conference Friday that Stern was the "enabler" in a conspiracy to feed Smith's drug addiction. Stern, 40, and two doctors were charged Thursday with felonies for allegedly furnishing illegally obtained prescription drugs to Smith prior to her overdose death.

METRO NEWS SERVICES

Simpson reaches out to abused women

PEOPLE Women who are in abusive relationships should "run so far away," Jessica Simpson advised at a concert in Phoenix on Thursday, usmagazine.com reports.

The 28-year-old singer — who has admitted she was in an abusive relationship — offered those words before belting out the ballad, Remember That.

"In love, we all go through a lot of things, and a lot of things unfortunately make us stay there (in the relationship)," she told the crowd at the Cricket Wireless Pavilion. "No matter what you go through in life, no matter what abuse you go through, take your heart and run so far away."

Although Simpson has never named names, she admitted last year that she had been in an abusive relationship. Asked by Elle if she had been physically abused, she said, "I don't want to talk about it, but I have definitely experienced abuse in a way that I would tell people to take their heart and run."

METRO NEWS SERVICES

Clarkson 'horrible' at relationships

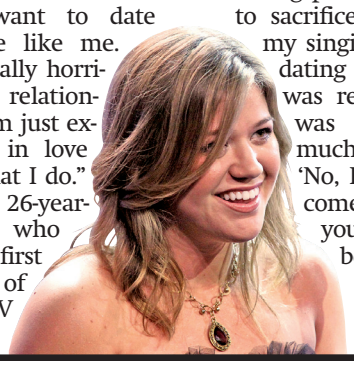
RELATIONSHIPS Kelly Clarkson is "horrible" at relationships, femalefirst.co.uk reports. The singer feels sorry for any potential lovers because she could never date someone who was obsessed with their career like she is.

She said: "I almost pity the person who would want to take me on — I would never want to date someone like me. I'm actually horrible at relationships! I'm just extremely in love with what I do."

The 26-year-old — who won the first series of the hit TV talent show American Idol — has revealed that her successful singing career has caused previous relationships to breakdown.

She explained: "I'm not dating anyone. I mean, I'm never not looking, but I find that whenever you try and look you end up with the wrong person. I am willing to sacrifice everything for my singing career. I was dating a guy, and he was really cool, but I was travelling so much I had to be like, 'No, I'm not going to come home just for you.' I actually love being single."

METRO NEWS SERVICES



Paltrow calls Phoenix a 'softie'

PEOPLE Gwyneth Paltrow thinks Joaquin Phoenix is a "real softie," femalefirst.co.uk reports.

The 36-year-old actress stars alongside the troubled actor — who has been acting increasingly erratic recently and is sporting a large unkempt beard — in upcoming film Two Lovers and insists he isn't as eccentric as people think.

She said: "He has trouble relaxing. He's a very intense guy. Sometimes you don't want to disturb him because he's sitting there and there's a lot going on, but he's a real softie.

"He's a lovely, sensitive, kind person. It was interesting to watch him work. We work completely differently, totally opposite."

In Two Lovers, Phoenix's character becomes obsessed with his neighbour, played by Paltrow, who is in turn besotted with a married man.

METRO NEWS SERVICES

Marc Anthony's father skills

COUPLE Jennifer Lopez has heaped praise on her husband Marc Anthony — because he's always willing to get up in the middle of the night to attend to their twins, femalefirst.co.uk reports.

The singer/actress insists she's found a perfect dad in the star — because he never grumbles about having to perform his share of baby burping and diaper duty. She says, "I can ask him to get up in the middle of the night if one of the kids wakes up."

METRO NEWS SERVICE

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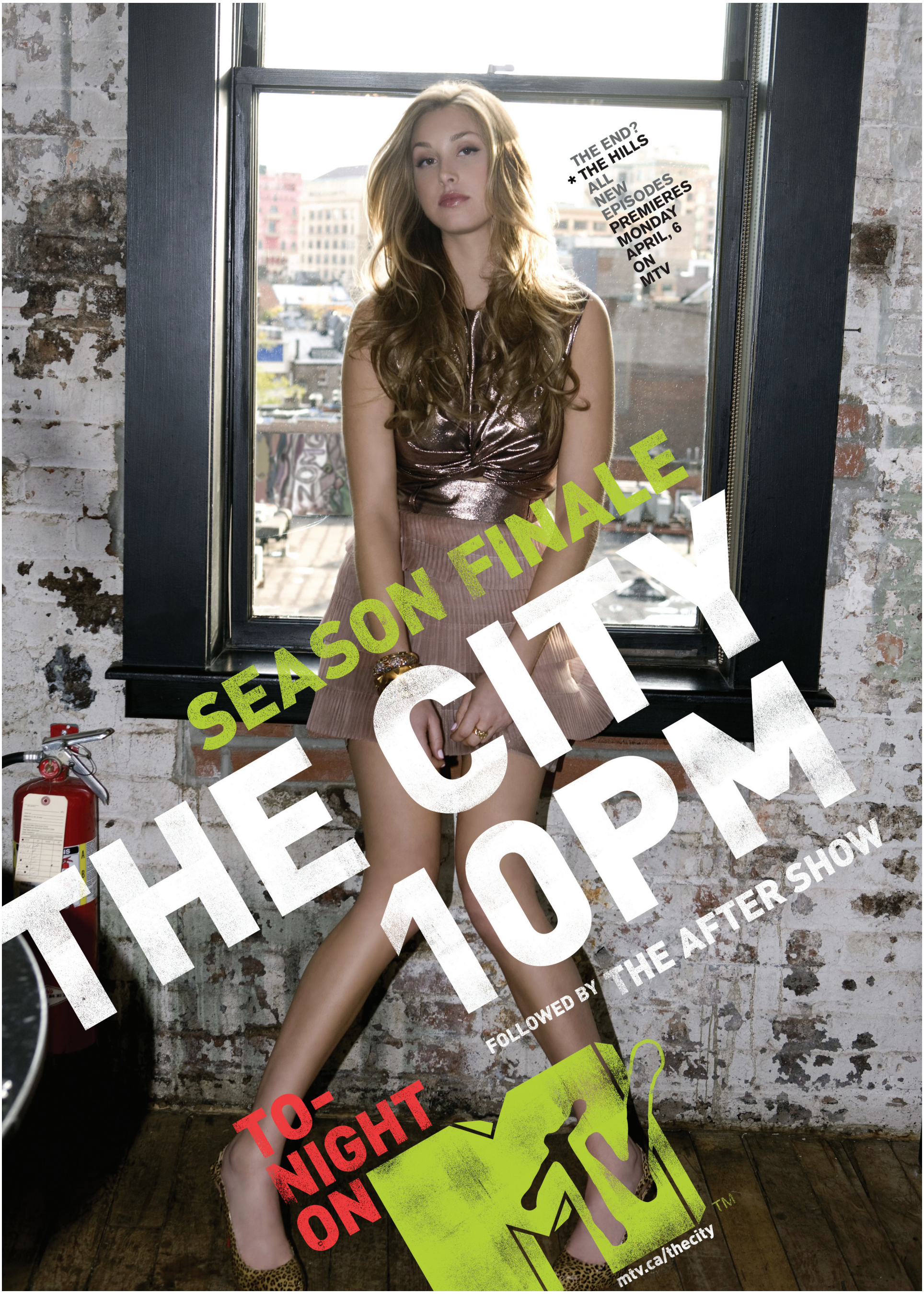
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